



**Bennington  
Project  
Independence**  
Adult Day Service



**February 2024**

*Celebrating  
45 years  
of service in our  
community*

## What is the Sweetest Gift?



BPI Staff, Val P., and BPI Member, Frank H., share hot chocolate and gratitude to The Ben and Jerry's Foundation, for the grant we received to help get us a milk machine.

Call Gina BPI's Membership Coordinator to arrange a visit today!

802-442-8136

### **BPI Mission Statement**

To provide safe, caring and exceptional Adult Day Services that will offer meaningful, individually tailored programs and care designed to enhance the dignity, independence, joy and quality of life of older persons, younger adults with disabilities, provide support and respite for their families and caregivers and serve as an informational resource for our communities.

..A Gift that shows you care...

### **Like a Membership to BPI!**

**We'll share the care by providing:**

- ☛ Enjoyable and Stimulating Activities
- ☛ Intergenerational Opportunities
- ☛ Delicious, healthy balanced meals
- ☛ Transportation Services
- ☛ Caregiver Support
- ☛ Peace of Mind during the day for you and your loved one
- ☛ Lots of Fun!  
and much more...

### **Inside this Issue...**

Calendar of Activities/Menu	2
Activity Highlights/ Caregivers Meeting	3
Heart Health Awareness	4
Gifting and Donations/ A Special Thank You	5
"Show Some Love" Hannaford Fundraiser	6
BPI Scrapbook	7



Follow us on **Facebook**

and



**Instagram**

# February 2024



☞ Snacks Served With  
8oz 1% Milk or  
100% Juice

☞ Lunches Served  
with 8oz 1% Milk

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Daily:</b></p> <ul style="list-style-type: none"> <li>☞ Coffee Social</li> <li>☞ Brain Exercise</li> <li>☞ Stretch for Health</li> <li>☞ Current Events</li> <li>☞ Music</li> <li>☞ Fun!</li> </ul>	<p><b>OPEN ART STUDIO</b> TUESDAYS &amp; FRIDAYS</p> <p><b>BIBLE STUDY w/DAN</b> THURSDAYS 10-11AM</p> <ul style="list-style-type: none"> <li>☞ Community Meeting</li> <li>☞ Bennington Free Library Trip</li> <li>☞ Winter Survival Kit</li> </ul>	<p>Did you know that you can join BPI Activities Virtually?</p> <p>Contact Shelagh at 802-442-8136 to find out how to join!</p> <ul style="list-style-type: none"> <li>☞ Lucky Dog</li> <li>☞ Current Events</li> <li>☞ That was the Year: 1952</li> </ul>	<p>Travel Brief: The Red Sea</p> <ul style="list-style-type: none"> <li>☞ Bulletin Board Trivia</li> <li>☞ Country Hits</li> <li>☞ Sing-A-Long</li> </ul> <p>Meatballs on WW Buns w/Marinara and Cheese, Carrots, Peaches, Milk</p>	<p>Groundhog Day</p> <ul style="list-style-type: none"> <li>☞ Rosa Parks: Mother of Civil Rights</li> <li>☞ American Heart Association - <b>Wear Red!</b></li> </ul> <p>Chef Turkey Salad w/Choice of Dressing, Wheat Rolls, Mango &amp; Grapes, Milk</p>
4	<ul style="list-style-type: none"> <li>☞ Ping Pong Poker</li> <li>☞ Daily Chronicle</li> <li>☞ Black History Month</li> </ul> <p>Cheese Stuffed Shells in Marinara, Tossed Salad, Wheat Rolls, Peaches, Milk</p>	<p>Community Meeting</p> <p>Bennington Free Library Trip</p> <p>Winter Survival Kit</p>	<ul style="list-style-type: none"> <li>☞ Lucky Dog</li> <li>☞ Current Events</li> <li>☞ That was the Year: 1952</li> </ul> <p>Cheesy White Pizza, Marinara Cups, Garlic Knots, Roasted Veggies, Fruit Cup, Milk</p>	<ul style="list-style-type: none"> <li>☞ Card Flip</li> <li>☞ Bible Study</li> <li>☞ Remembering Snow Days</li> </ul> <p>Open Face Turkey Sandwich w/Gravy &amp; Stuffing, Cranberry Sauce, Wheat Rolls, Butternut Squash, Apple Cobbler, Milk</p>	<p><b>Chinese New Year Celebration</b> <b>Year of the Dragon</b></p> <p>Cod or Chicken, Sesame Noodles, Broccoli Crowns, Garlic Knots, Fortune Cookies, Mandarins, Milk</p>
11	<ul style="list-style-type: none"> <li>☞ Crafters' Corner</li> <li>☞ Superbowl Highlights</li> <li>☞ Wii Bowling</li> </ul> <p>Brown Sugar Mustard Pork Chops, Mashed Sweet Potatoes, Roasted Brussel Sprouts, Wheat Bread, Peas, Milk</p>	<p><b>Celebrating Mardi Gras</b></p> <p>Jambalaya w/Rice, Sausage, &amp; Cajun Chicken, Spinach, Wheat Bread, Pineapple, Milk</p>	<ul style="list-style-type: none"> <li>☞ Valentine's Day</li> <li>☞ Red &amp; Pink Songs</li> <li>☞ Ash Wednesday</li> </ul> <p>Pot Roast w/Boiled Potato, Onion, &amp; Carrots, Peas, Wheat Bread, Fruited Red Jello w/ Whip, Milk</p>	<ul style="list-style-type: none"> <li>☞ February IQ</li> <li>☞ Shopping Trip</li> <li>☞ Creative Musing</li> </ul> <p>Chicken Cacciatore, Oven Spaghetti w/Parm, Carrots, Wheat Rolls, Mandarins, Milk</p>	<ul style="list-style-type: none"> <li>☞ Health is Wealth</li> <li>☞ Presidents Day Trivia</li> <li>☞ Casinos Around the World</li> </ul> <p>Egg Salad Sandwiches, Chicken Noodle Soup, Crackers, Cole Slaw, Mango &amp; Grapes, Milk</p>
18	<p><b>BPI Closed for Presidents Day</b></p>	<ul style="list-style-type: none"> <li>☞ Minute to Win It</li> <li>☞ Winter Sports</li> <li>☞ Healing Ways</li> </ul> <p>Beef or Veggie Burger on Wheat Bun, Lettuce, Tomato, Onion, Pasta Salad, Peaches, Milk</p>	<ul style="list-style-type: none"> <li>☞ Zinga</li> <li>☞ Red Hats' Society</li> <li>☞ Virtual Tour: Tropical Rain Forests</li> </ul> <p>Macaroni &amp; Cheese, Stewed Tomatoes, Wheat Bread, Fruit Cup, Milk</p>	<ul style="list-style-type: none"> <li>☞ Who Am I?</li> <li>☞ Pilgrims of Woodstock</li> <li>☞ Concentration Puzzles</li> </ul> <p>Chicken Caesar Salad w/CROUTONS, Cottage Cheese, Fruit Cup, Milk</p>	<ul style="list-style-type: none"> <li>☞ February Trivia</li> <li>☞ Guided Meditation</li> <li>☞ On the Road: Quiet Getaways</li> </ul> <p>Salisbury Steak on a Wheat Bun, Butternut Squash, Pasta Salad, Fruit Cup, Milk</p>
25	<ul style="list-style-type: none"> <li>☞ Home Depot Trip</li> <li>☞ BPI Humor</li> <li>☞ Manicures</li> </ul> <p>Beef Shepherds Pie, Green Bean Salad, Wheat Rolls, Mixed Fruit, Milk</p>	<ul style="list-style-type: none"> <li>☞ Science Fun</li> <li>☞ Snowball Bottle Break</li> <li>☞ Musical Notes: Johnny Cash</li> </ul> <p>Tuna Noodle Casserole, Carrots &amp; Peas, Wheat Rolls, Mango &amp; Grapes, Milk</p>	<ul style="list-style-type: none"> <li>☞ Sit Down &amp; Dance</li> <li>☞ February History</li> <li>☞ Bakers' Corner</li> </ul> <p>Grilled Cheese on Wheat Bread, Tomato Soup and Crackers, Cole Slaw, Mandarins, Milk</p>	<ul style="list-style-type: none"> <li>☞ February IQ</li> <li>☞ Shopping Trip</li> <li>☞ Creative Musing</li> </ul> <p>Chicken Cacciatore, Oven Spaghetti w/Parm, Carrots, Wheat Rolls, Mandarins, Milk</p>	<p><b>Bingo</b></p> <p>Mondays at 1-45 pm Fridays at 10:00 am</p> <p>In-Person and Virtual Contact Shelagh 802-442-8136 to sign up</p>
26	<ul style="list-style-type: none"> <li>☞ Home Depot Trip</li> <li>☞ BPI Humor</li> <li>☞ Manicures</li> </ul> <p>Beef Shepherds Pie, Green Bean Salad, Wheat Rolls, Mixed Fruit, Milk</p>	<ul style="list-style-type: none"> <li>☞ Science Fun</li> <li>☞ Snowball Bottle Break</li> <li>☞ Musical Notes: Johnny Cash</li> </ul> <p>Tuna Noodle Casserole, Carrots &amp; Peas, Wheat Rolls, Mango &amp; Grapes, Milk</p>	<ul style="list-style-type: none"> <li>☞ Sit Down &amp; Dance</li> <li>☞ February History</li> <li>☞ Bakers' Corner</li> </ul> <p>Grilled Cheese on Wheat Bread, Tomato Soup and Crackers, Cole Slaw, Mandarins, Milk</p>	<ul style="list-style-type: none"> <li>☞ February IQ</li> <li>☞ Shopping Trip</li> <li>☞ Creative Musing</li> </ul> <p>Chicken Cacciatore, Oven Spaghetti w/Parm, Carrots, Wheat Rolls, Mandarins, Milk</p>	<p><b>Bingo</b></p> <p>Mondays at 1-45 pm Fridays at 10:00 am</p> <p>In-Person and Virtual Contact Shelagh 802-442-8136 to sign up</p>

☞ Meals and snacks are planned in accordance with USDA guidelines. This institution is an equal opportunity provider.

## Activity Highlights



February's calendar is packed full of fun and excitement!

**Friday February 2nd**, BPI Staff will be wearing red to raise awareness for heart disease, particularly among women. This annual event encourages people to wear red clothing and accessories to show their support for heart health and to promote heart disease prevention. Please join us in wearing red.

**Friday the 9th**, is the celebration of Chinese New Year- the year of the Dragon. The day will be filled games, trivia and great food in honoring this celebration.

Join us on **Tuesday the 13th**, as we transform BPI into New Orleans, Louisiana in celebration of Mardi Gras. Be prepared for music, virtual parades and excitement. It's one big holiday in New Orleans! Revelers know to wear costumes or at least dress in purple, green, and gold, and adorn themselves with long beads.

Love will be in the air **Wednesday the 14th** for our Valentine's Day celebration. There will be a cupid arrow tag game as well as name that romantic love songs.

**Monday the 19th**, BPI will be closed for Presidents Day. If this is a day you normally attend and you would like to come in another day, please see Shelagh.

Please see the attached calendar, and join us for these activities and much, more fun!

## February Birthdays

- ☛ Joan R. - 11th
- ☛ Charlie C. - 22nd
- ☛ Bob B. - 23rd
- ☛ Emily R. - 24th



## February Anniversaries

- ☛ Patti & Mike S.- 3rd



## Save the date...

BPI's 11th Annual Golf Tournament  
at Mount Anthony Country Club

June 2nd, 2024

more details coming soon.



## Families Together Monthly Caregiver Gatherings

BPI offers a monthly gathering providing caregiver support, laughter and camaraderie.

The January Meeting will be held on **Wednesday, February 21st at 1:00 P.M.** Please call (802) 442-8136 or send an email to [melissa.stemp@bpiads.org](mailto:melissa.stemp@bpiads.org) for more information.

## Follow us on:

**Facebook:** Bennington Project Independence  
Adult Day Service

**Website:** ([www.bpiads.org](http://www.bpiads.org))

**Instagram:** (Bennington Project Indep)  
#bpiads

**Twitter:** (Bennington Project Independence)  
@bpi\_ads

**YouTube :** BPI or Bennington Project  
Independence

## February Heart Health Awareness

By Amy St.Onge, RN



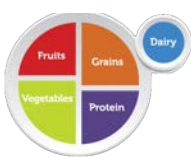
Mark this month on your calendar for making your heart health a priority! Understand that sodium, cholesterol, exercise, diet, stress level and medication compliance all impact your heart and ultimately your longevity and quality of life.

Without understanding the chemistry behind it, the relationship between sodium and water is simple: *The more sodium consumed means the more water retained.* People with Congestive Heart Failure (CHF) have to monitor the intake of sodium and liquids to keep the body's fluid balanced. Other conditions may also require this daily monitoring. When too much sodium is consumed, the body retains fluid and is not able to excrete the excess. It becomes what is referred to as "edema" or "swelling" in common areas such as the lower legs, abdomen and lungs. Excess fluid puts extra stress on the heart and can lead to complications. Managing CHF with a low sodium diet and compliance with medications will improve your outcome.

Adding an exercise program to your daily routine will help in weight loss, blood pressure control and cholesterol management. Exercise also provides a surge of natural "feel-good" hormones which will make you feel happier and empowered to continue making strides toward your cardiac health goals. It is important to find an exercise which you will enjoy and is realistic for your general condition.



Too much cholesterol in the bloodstream can lead to cardiac disease and stroke. Cholesterol is naturally produced in the body and is found in many food sources.



Shopping for healthy products using food labels can be helpful. Avoid foods such as hotdogs, sausage, bacon, red meats, cheese, potato chips, packaged cookies & cakes, TV dinners and fast food. These

foods typically contain too much cholesterol, saturated and trans fats. Adding plant-based fats in moderation is acceptable (such as nuts, avocado, coconut, olive / canola oils).

Stress and anxiety increase the hormone cortisol in your body. An imbalance in cortisol can lead to elevated blood pressure and have other adverse physical effects.



People who are stressed out have the tendency to cope poorly using food, alcohol and drugs. Adding guided relaxation, counseling and exercise will aid in stress reduction and will positively impact heart health.

As a nurse, I see first-hand how medication non-compliance can lead to adverse cardiovascular effects. Non-compliance means taking your medication incorrectly, not as directed or failing to take it at all. For example, a Diabetic who fails to control blood glucose using insulin or oral medication will have high blood sugars. Over time, elevated blood sugars lead to complications such as heart and kidney disease. Another example I see frequently is patients not taking diuretics (water pills) and other heart failure medications as directed. This can lead quickly to heart failure and accounts for a high percentage of hospitalizations which might have been prevented.



BPI is here to help improve your heart health by serving home cooked meals and providing opportunities for exercise, medication oversight and stress reduction. Our nursing and activity staff can help to improve your outcomes and encourage you to obtain your cardiac goals.



Wilma P. using the Cubii



Doris C. using the NuStep

### Complimentary Visit Coupon

You are invited to join us at Bennington Project Independence, Adult Day Service for a full or half day at No Charge. Come Join the fun, meet new friends, try out interesting activities, and enjoy a delicious lunch & snacks. Nursing and Personal care available as needed.

***Check us out to see what all the smiles at BPI are about!***

Contact Gina Anzivino at BPI to schedule your visit (802) 442-8136

614 Harwood Hill - P.O. Box 1504  
Bennington, VT 05201  
(802) 442-8136

***All visits must be prearranged. Valid for new participants only.  
Not redeemable for cash.***



### Memorial Gifts



Memorial gifts to Bennington Project Independence celebrate and honor someone's life by helping others.

☛ **Celia Bandman**

Bernard Bandman

☛ **Eileen Bluto**

Betsy Bluto-Wood

☛ **Anna DeZego**

Barbara Taylor

☛ **Blanch Grillo**

Leslie Bayetis

☛ **Dorothy Kennedy**

Vickie Bugbee

☛ **Marilyn Rice**

Sean Dowdall

☛ **Eleanore Simpatico**

Henry Simpatico

☛ **Richard Singleton**

Willy Jones

☛ **"My three sisters"**

Elizabeth Hardesty



### A Special Thank You to Jane and Rita Pinsonneault

for the generous donation of the Department 56 holiday collection. It will be displayed with great pleasure for our BPI Members to enjoy for years to come!

BPI Member, Kathie L. and BPI Staff, Kira B. enjoy inventorying this wonderful gift!



### Don't Forget March 1st is Town Meeting Day

**OTE** Yes on your ballot for BPI

Arlington, Bennington, North Bennington, Pownal and Shaftsbury VT

### Program Gifts

- ☛ Barry Brown at Mountain Telecom
  - ☛ Andi & Jeff Crawford
- ☛ Dr. Sarah Dahl & Dr. Charles Salem
  - ☛ Steve Degenstein
- ☛ Brian Dziengiel & Kimiyasu Mizoo
  - ☛ Nancy Pearlman & Al Bashevkin
- ☛ Seline Skoug & David Van De Water
  - ☛ Howard Volz

### In-Kind Gifts

- ☛ Nathalie C. with Helping Hands Shop in Arlington
  - Vests, handmade sweater, crocheted vests
- ☛ Regis M. - Second Chance Lottery Tickets
- ☛ Mr. & Mrs. Wassim N. - Hannaford gift cards, blanket, scarves, paint supplies, personal care items, walker, iPod
  - ☛ Estelle R. - Handmade afghan
  - ☛ Everley S. - Jewelry beads

### BPI Wish List

- ☛ Donations to BPI
- ☛ Donations for the Orchard Level at BPI
- ☛ Grocery Gift Cards and Walmart Gift Cards
- ☛ Home Depot Gift Cards
- ☛ Drawing paper
- ☛ Watercolor paper
- ☛ Cardigans
- ☛ New "Sturdy" Portable Coat Rack- *see Amazon wish list*

*See more gifting options on-line on BPI's Amazon Gift registry*

# Show BPI Some Love with Flowers in February...

You can “show some love” and donate to BPI at the same time when buying flowers at Hannaford in the month of February.

For each specially marked bouquet purchased at Hannaford in February, BPI will receive a \$1 donation.

*[hannaford.2givelocal.com](http://hannaford.2givelocal.com)*  
**Bloomin' 4 Good Program**



## **Benefitting Organization:**

Bennington Project Independence  
Adult Day Service

## **At this Hannaford Location:**

Hannaford Square  
Bennington, VT

# ***BPI Scrapbook***



BPI Volunteers, Muriel S. and Jean W. along with BPI Member, Tiffany C. having lots of laughs with photos they are using for creative scrap booking.



BPI Members, Cheryl C., Tiffany C., and BPI Staff Megan C., enjoy friendship and conversation while trying their hand at painting



BPI Staff, Kira B. and BPI Member, Joan W., enjoy the snowflake yarn ornament creation



BPI Members Deb R. and Wilma P. toasting their hot cocoa in honor of the grant BPI received from the Ben and Jerry's Foundation to help purchase the milk machine



BPI Staff, Megan C., and BPI Member, Erik S. keep the rhythm with Olivia (drumming instructor) and Drumming Circle Members



BPI Staff Dan L. and Tori T, along with BPI Member, Jeanne C. enjoying their delicious hot cocoa while writing thank you letters.



Bennington Project Independence  
*Adult Day Service*  
 614 Harwood Hill - Route 7A  
 P.O. Box 1504  
 Bennington, VT 05201

PRESORT STANDARD  
 U.S. Postage Paid  
 BENNINGTON, VT  
 PERMIT #73

(Check one) Please ADD or DELETE my name to/from the mailing list for the BPI Newsletter:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Please check this box if you would like to receive additional literature about our services and how Bennington Project Independence, Adult Day Service can assist to share the care.

Please add a new BPI friend to your mailing list:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Mail to:

Bennington Project Independence  
 P.O. Box 1504  
 Bennington, VT 05201

**Organizational Affiliations:**

Bennington Project Independence is approved annually by the Vermont Department of Aging and Disabilities and complies with all the state standards for adult day care. BPI is a certified Veterans Administration Adult Day Health Center. In addition, BPI is a member of the following:

- National Adult Day Services Association
- Vermont Association of Adult Day Services
- Bennington Area Chamber of Commerce
- National Family Caregiver Association

**Editors Note:**

If you are not currently on our mailing list and would like to receive our monthly newsletter or you know of someone who would enjoy receiving our newsletter, please send in the form enclosed or call BPI at (802) 442-8136. (If you are a caregiver and feel that someone you care about would enjoy learning more about our services, you may sign them up to receive the newsletter temporarily.)